



Parks and Recreation

AUGUST 2015 WATER FITNESS CLASS SCHEDULE

★ = Indicates a new water fitness class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:10 a.m.		Tabata Linda		Tabata (Deep Water) Linda		
8 a.m.	Aqua Fit Cardio Carol	Tri-Aquathon Kim	Aqua Fit Cardio Carol	Tri-Aquathon Kim	Aqua Fit Cardio Carol	
9 a.m.	A.F.A.P. Carol	A.F.A.P. Kim	A.F.A.P. Carol	A.F.A.P. Kim	A.F.A.P. Carol	
10 a.m.	Hydro Tone & Walk Linda	Water Walking/ Cardio Kim (JCCRC) Fun Under the Sun Linda (CRP)	Hydro Tone & Walk Linda	Water Walking/ Cardio Kim	Butts N' Guts Body Blast Judith ★	Butts N' Guts Body Blast ★ Judith (JCCRC) Fun Under The Sun Linda (CRP)
11 a.m.	Cardio-Lite Linda	Aqua Easy Margaret	Cardio-Lite Linda	Aqua Easy Margaret	Happy Hour @ the Barre Judith ★	
Noon	Butts N' Guts Body Blast Judith ★	Aqua Fitness 101 Judith ★	Butts N' Guts Body Blast Judith ★	Aqua Zumba 50/50 Felix		
5:30 p.m.	Monday Cardio Concert Diane ★	Pilates Plus Katie	Tabata Diane	Tabata Katie		
6:30 p.m.	Pilates Plus Diane	Tabata Katie	Pilates Plus Diane	Pilates Plus Katie		

****James City County Recreation Center wristband and Combo pass holders are guaranteed a minimum of 150 classes each month and have the option of taking both land and aquatic fitness sessions. Parks and Recreation makes every effort to minimize class cancellations, and when necessary, makes every effort to secure a substitute instructor. Because we offer more than 150 classes monthly and the price of the wristbands and combo passes cover this entire selection of classes, individual refunds are not issued for specific class cancellations. The monthly group fitness class schedules are emailed to participants who provide a valid email address, and are also available at the Center Front Desk, online and are posted by the aerobic studio. For the complete description of all land and aquatic class offerings, please visit our website at <http://www.jamescitycountyva.gov/recreation/programs/fitness.html>**

WATER FITNESS CLASS DESCRIPTIONS

► AQUA EASY

Are you looking to get back into exercise, but do not want a workout that is too strenuous? Class consists of low impact cardio workout that works the whole body. Classes are structured so participants are comfortable moving at their own pace with guidance from their instructor. Aqua shoes and water deck side recommended.

► ARTHRITIS FOUNDATION AQUATIC PROGRAM (A.F.A.P.)

Arthritis Water Exercise provides an environment for relieving arthritis pain and stiffness, and improving range of movement of joints affected by arthritis in soothing warm water. Water supports joints, lessens stress, allows free movement and provides mild resistance to build muscle strength. Participants perform range-of-motion, strengthening and aerobic exercise.

► MONDAY CARDIO CONCERT

From Rock n' Roll to Country to classical and everything in between, this is a workout that will raise heart rates and lift your spirits! A little dancing, stretching and cardio too! (This is NOT a Zumba class)

► CARDIO-LITE

This class involves a warm-up, about 25 minutes of cardio and then an array of exercises that include toning, stretching, flexibility, and of course core. This is an overall body workout that will help increase your endurance, improve balance and leave you with a feeling of good health.

► AQUA ZUMBA 50/50

Looking for a unique way to get fit while having fun? Jump in the pool, dance away the calories, and get fit with Aqua Zumba. The dance combinations are slightly slower than the ones you do in a typical Zumba class, but the energy is just as high. If you love the original Zumba class come splash in to a lower-impact version of the fun new workout craze. No swimming ability is required.

► PILATES PLUS

Pilates Plus is a combination of Pilates and strength training. Pilates is a body conditioning routine that will help build flexibility and muscle strength. It puts emphasis on developing a strong core and improves coordination and balance. Strength training uses the technique of progressively increasing the force output of the muscle through interval increases that target specific muscle groups. In both Pilates and strength training, the intensity will be increased over time as the body conditions and adapts to the exercise.

► AQUA FIT CARDIO

Rev up your day with a dynamic cardio workout without the joint stress. This class offers a cardio endurance and strength workout suitable for all fitness levels. No swim skills needed. Aqua shoes and water deck side recommended.

► TABATA

Tabata training is a form of High Intensity Interval Training or HIIT. Tabata has very short with high intensity work periods followed by even shorter rest breaks. One of the benefits is that this program can help your body release fatty acids, release HGH (hormone that burns fat) and burn more calories at rest up to 36 hours after exercise.

► TRI AQUA-THON

Class includes spinning, running and swimming using aquatic equipment and buoyancy belts. Class is in the deeper area of the pool, and easy on the joints providing cardio endurance and core strengthening benefits. Be comfortable in up to 5 feet of water. All fitness levels. No swim skills needed.

AQUA FITNESS 101

New to aquatic fitness or returning after time away? If you want a class that is low impact and easy on the joints, this is the one for you. Get fit and have fun while you learn proper aquatic exercise techniques, vocabulary and the types of equipment used in classes. For all fitness levels, no swim skills needed

► HYDRO TONE & WALK

Interval patterns of walking/ jogging to strengthen and tone muscles. One of the benefits of intervals makes aqua workouts safe and fun without impact to the joints. Even people who suffer from arthritis may want to give this class a try! Resistance equipment used. All fitness levels. Aqua shoes recommended. Water deck side recommended.

► HAPPY HOUR @ THE BARRE

Cross train muscles with this unique barre-based class designed to tighten your glutes, streamline your arms, create a rock-solid core and sculpt your muscles by combining Pilates, Yoga and Ballet! A low impact class that is easy on the joints.

***Barre technique is low-impact while improving balance, flexibility and range of motion. Each strength section of the workout is followed by a stretching section in order to create long, lean muscles. Yup, barre tones and conditions. Come see for yourself. Suitable for all fitness levels.

WATER WALKING /CARDIO

Combination of Water Walking the length of the pool lane and Cardiovascular exercises. To bring your heart rate up even more, aqua bells are used to increase heart rate as well as tone and strengthen upper body. This class is an entire body workout! Participants are encouraged to work at their own pace. All skill levels are welcome!

BUTTS N' GUTS BODY BLAST

Want to firm up? Blast your fitness to the next level! This class provides the variety your body needs to see results using various aquatic intensity levels with specific muscle conditioning and endurance using your own body weight to strengthen and tone abs, core and glutes. Routines will be tailored to the class's needs from week to week. Hit the pool ready to work out, enjoy the music and feel/see the difference! Suitable for intermediate and above fitness levels.

[At Chickahominy Riverfront Park \(CRP\)](#)

FUN UNDER THE SUN (June 13– September 5) Tue/Sat

This class involves a warm-up, about 25 minutes of cardio and then an array of exercises that include toning, stretching, flexibility, and of course core. This is an overall body workout that will help increase your endurance, improve balance and leave you with a feeling of good health.

Rec Center Phone (757)-259-4200

For access to land and aquatic classes you'll need to purchase a wristband, 10 Tab or Combo Pass from the Front Desk.

◆ \$55; \$50 for JC/W residents—one month unlimited—
With no facility pass

◆ \$30 a month for unlimited classes—**3,6,12 month facility pass holder**

◆ \$60; \$55 for JC/W residents—10 Tab wristband/ no expiration date (10 classes), **no facility pass required**